



# Healthy Minds Fairfax: FY 2019 Funding Requests

**Presentation to the Successful Children and Youth Policy Team:**

**December 6, 2017**

# Behavioral Health System of Care Blueprint: FY 2018 Accomplishments to Date

- Expanded access to paraprofessional family support partner services to any family of a child with mental health issues;
- In partnership with Inova trained 51 local pediatricians in the identification and treatment of mental health issues;
- Expanded short-term behavioral health services to middle-school age youth in four secondary schools and one stand-alone middle school;
- Partnered with George Mason University and Inova to form a children's behavioral health evidence-based practice training consortium; and
- Contracted to recruit private therapists to provide pro-bono services and match them with children and youth in low/moderate income families.

# Behavioral Health System of Care Blueprint: FY 2018 Strategies in Progress

- Develop a website that will serve as a hub of information and connect families to services;
- Provide training to public and private behavioral health providers on evidence-based treatments and practices;
- Identify and address barriers to services for underserved communities; and
- Support the adoption of trauma-informed practices and promoting public awareness of trauma and its impacts.

# Expand Short-Term Behavioral Health Services to Ten Middle School Communities

- Annual cost: \$162,435
- 140 additional youth to be served annually
- Projected number of youth to be served this fiscal year: 200
- Intervention is 6- 8 sessions of outpatient therapy from contracted private providers
- Targeted to youth with emerging mental health issues in low and moderate income families (up to 400% of poverty)

# FY 2017 Outcomes:

- Improved behavioral health functioning (youth self report via GAINSS instrument): 67%
- Improved behavioral health functioning (parent/caregiver report): 80%
- Improved behavioral health functioning (therapist report): 74%

# Provide Telepsychiatry and Psychiatric Consultation

- Annual cost: \$250,000
- 402 youth to be served annually
  - 250 through psychiatric consultation
  - 152 through telepsychiatry
- Expected outcomes:
  - Increase in pediatric primary care providers who can usually meet the needs of children with behavioral health problems
  - Increase in patients that pediatric primary care providers can manage without referral to a psychiatrist



# Pilot a School-Based Substance Abuse Prevention Program

- Three substance abuse counselors for three high schools and three middle schools
- Prevention services for the elementary schools in the related pyramids
- 3,000 youth will receive prevention messaging and 150 will receive group school-based intervention